

ROWperfect INFORMATION

The New Mark IV Rowperfect Interface

Touch Screen

Simply touch the screen gently with your finger nail to direct the superbly intuitive program to set up the workout you want, the screen configuration you desire – all perfectly tailored to your choice of boat and with results calculated at your bodyweight using Rowperfect's calculation algorithms, tested and proven by World and Olympic Champions for over a decade.

No Batteries

Although the new Mk IV has a rechargeable battery, you may never need to connect to mains power. The Rowperfect sensor ring will provide enough power in most circumstances to keep the battery fully charged. If the battery does need charging, simply connect to the transformer. No expensive batteries, and no time wasted travelling to obtain them.

Features

All the features of the Rowperfect DOS interface, with a few added for good measure. So: stroke length, power per stroke, energy per stroke, time per 500 metres in ANY boat class, interval countdowns, distance travelled *in your choice of boat* – they're all there, but see if these NEW features won't allow you to take your training to a new level:

- Distance per Stroke
- Drive Time
- Drive Ratio
- Split times per 100, 250, 500 or 1000 metres – you choose
- Intervals pre-set in Energy, distance, time, number of strokes – and all recorded at sessions end for you to review. (This is already in the DOS programme as well.)
- Store and record sessions, strokes or training settings on the removable MultiMedia Card (MMC)
- Screen settings variable – Large *REAL-TIME* FORCE CURVE (with template if desired) or BAR GRAPH (last 100 strokes or sample of longer sessions) or PACER (race a stored session) or NUMERICAL ONLY (choice of a number of numerical values, no graphs). All Screen settings include the ability to choose several variables – for example, display Energy/stroke or Heart Rate or Power/stroke or Stroke Length under your Force Curve

Computer Interface Included

That's right – the Mark IV includes the Rowperfect Computer Interface, so you can connect to your PC and display your stroke on a large screen. Your Mark IV includes a cable and software for the Rowperfect DOS program. Or for a small additional charge, upgrade to the new RPW (Rowperfect for Windows) package – fully compatible with all versions of Windows, and able to operate either via the serial port, or if your computer has no serial port, via a commercially available Serial to USB converter cable and your USB port .

The ultimate rowing machine